SAFE ROUTES TO SCHOOL
Lesson Calendar

- Day 1: Bike Safety Skills Talk Part 1
- Day 2: Bike Safety Skills Talk Part 2
- Day 3: Helmets and Know Your Bike
Bike Safety Part 1: Today We Discuss

• Fears and Greats  ➔  What do you think?

• Bicycle Commuting  ➔  Who rides to school?

• Bike Safety  ➔  What is the reality?

• Accidents & Hazards  ➔  Keeping it safe.

• Shoulder Check  ➔  How and Why?
FEARS AND GREATS
Why Biking is Great!!

5 M's

- Brain
- Strong Arm
- Park
- Friends
- School

- Earth
- Money
Bicycle Commuting Statistics

Saves Money
--Every time you ride a bike, you save $ on gas...plus 40% of all trips are under 2 miles, a very bikeable distance (saferoutesinfo.org)

Good for Your Health
--Dept of Health and Human services recommends 60 min of physical activity per day for children (saferoutesinfo.org)

Good for The Environment
--60% of Sonoma County's Total carbon emissions are due to transportation (Sonoma County Community Climate Action Plan)
Safety Reality

- Hit and killed by lightning: 1:500,000
- Child is overweight or obese: 1:3
- Child has asthma: 1:7
- Death from heart disease: 1:5
- Killed next year in car accident: 1:7,700
- Killed next year while walking: 1:92,000
- Abducted by stranger: 1:610,000
- Killed next year while riding bicycle: 1:720,000
Crash Statistics

Who is at fault?

- 48% Bicyclist
- 47% Motorist
- 5% Undetermined
Accidents and Hazards
Obey Traffic Law
Ride On the Right
Stop Before Exiting Driveways
Avoid Sidewalks
Avoid Sidewalks
The Door Zone
The Door Zone

Stay 2 Bike Spaces Away
Don't Be A Squirrel
Don't Be A Squirrel
Don't Be A Squirrel
Don't Be A Squirrel
Don't Be A Squirrel
Don't Be A Squirrel
Right Straight
Right Straight
Right Straight
Check Before Passing
Check Before Passing
Check Before Passing
Check Before Passing
Shoulder Check

PASSING ZONE
Shoulder Check

PASSING ZONE
Shoulder Check
Shoulder Check

Before Entering The Passing Zone
Bike Safety Part 2: Today We Discuss

- Intersections ➔ Are they all alike?
- Turns ➔ Where do I ride?
- Bike Path Etiquette ➔ How do I communicate?
- Bike Communication ➔ How do I talk to traffic?

But first, let’s measure our daily bicycle ridership… Who rode their bikes to school today?
2 Way Stop

Who Stops?
4 Way Stop

Who Stops?
MEGA INTERSECTION

WALK OR BIKE?
What's Right Of Way?
RULE # 1 First Goes First!
RULE # 1 First Goes First!
Right turners are
the next to
What if You Arrive at the Same Time?
RULE # 2
The driver on the right has the right of way
RULE # 3
Pass On the Wave Through
Right turners are
Hey Bike, Go Ahead
Ooops, The Other Car Went too!

OUCH!
Hey Cars, Go Ahead
Right turners are

next to

CLEAR!
Right turners are
the
next to
Preparing For A Turn
Lane Position Shows Your Direction
Right Turn
Right Turn

Stop....Look
Left Right
Left
Right Turn

CLEAR!
Right Turn
Intersection Positioning

L M R

Straight
Stop....Look Left Right Left
Straight

CLEAR!
Intersection
Positioning
L M R
Look Back, Signal Left
LEFT TURN

Look Back, Signal Left
LEFT TURN

Stop…Look Left Right Left
LEFT TURN

CLEAR!
How Do I Turn Left At Busy Intersections?
BOX TURN
Stop…Look Left Right Left
BOX TURN
BOX TURN

RML

LMR

Intersection Positioning
Box Turn
Multi-use/bike path etiquette

• Ride on the right, pass on the left
• Use audible warning (bell or voice) before passing
• Listen up! Headphones prevent you from hearing warnings
• If you have to stop, pull over off the trail
• Ride single file when trails are busy so that others can pass safely
• Watch for the unexpected, especially with kids or dogs
• Slow down when trail is crowded
Bicycle Communication

STOPPING
GO AHEAD

GO AHEAD
Bicycle Communication

Left Turn

Stopping

Right Turn

Alternate Right Turn
Created By Amy Jolly, For the Sonoma County Bicycle Coalition & Safe Routes to Schools 2010

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If You Find This Helpful You May Make a Donation To:

Sonoma County Safe Routes to Schools

We’d like to hear about how you used this! Our email is: saferoutes@bikesonoma.org

Our address is: PO Box 3088 Santa Rosa, CA 95402